

# Health, Beauty And The Home

## Efficient Housewives

By Mrs. Christine Frederick,

The Distinguished Authority on Household Efficiency.

JUST as no stream is higher than its source, so no woman's housekeeping can be any more efficient than she is herself. It is strange that while women are interested in tools and methods and schedules it is so difficult to get them to be interested in themselves.

The basis of all efficiency is health. No matter how perfectly arranged the kitchen or how well planned the work, it will avail nothing if the housekeeper gets headaches or suffers continually from "that tired feeling" and other ills.

One of the most important things for the housewife to remember is that posture greatly affects her efficiency. She should keep the body so balanced as to permit deep breathing constantly and she should never stand so that the abdomen sags or that her weight is unevenly placed on one hip. If the working surfaces in her kitchen and elsewhere are of the correct height she will be more likely to stand erect.

Volumes that might be written could not begin to do justice to the benefits of outdoor sleeping, especially for the woman who works indoors so much of the time. There is no comparison between an outdoor sleeping porch and a room even with the windows wide open. One of the reasons why housekeepers as a class are so prone to headaches is because they work too long in vitiated air. Sleeping outdoors will keep the balance even.

While women are often solicitous about the diet of the members of their families, they are often neglectful of themselves. For instance, many women continually "eat on the hoof," as the old woman said. By this she meant eating standing up, taking a "snack" instead of sitting down to a regular meal. This happens far too often. A woman will become very busy and in the midst of a piece of work will not take time to sit down, but will just pick from the ice box. Of course, she naturally eats too fast and her food does not agree with her or nourish her.

Again, she may eat too often because being around food it tempts her more. Or she may become a coffee fiend and rely on frequent cups of it to buoy her up. All of these habits are detrimental to her health and to her efficiency in work.

Many women need to know that the "tired feeling" from which they suffer is not due to work fatigue, but to poison fatigue, caused by inadequate body elimination. They think they are tired and imagine it is because they are working too hard, when, on the contrary, they are being slowly poisoned by the

waste products in their system. To eliminate these they should drink water freely, eat quantities of fruit and, if necessary, take bran and mineral oils.

Many think that housework is exercise; but it is not unless done violently with the windows wide open and preferably in some costume like bloomers. It is a fact that housekeepers assume the middle-aged "married" look far sooner than women of the same age engaged in outside occupations. And the reason is largely because they do not exercise enough. Why should not the housekeeper indulge in some sort of sport, or, at least, walk several miles a day in the fresh air to keep her fit and in form?

Too many housekeepers do not have a stimulating ideal about their work. They regret the days when they were business women or long to be teachers, or envy women in other occupations. They allow their work to become monotonous and drudging and hence, of course, are not stimulated.

Now, the person, either man or woman, who allows mental interest to lag is dead, no matter how much alive the body may be. And surely in this wonderful victory year no woman has any reason to complain of lack of stimulating interest.

But more than this, she should look at her work as an interesting profession, as a job with the same possibilities as any outside of the home position. Is it the pay envelope every Saturday night which makes business women more keen? Or is it because their work has a professional standing? I think it is because housework is the one occupation where there is no competition.

Naturally, if Mrs. Smith knows that she married into a life job from which nothing but death or divorce can shake her, is she going to try to be efficient? No. She is going to slump along in most cases, take things the easiest way and follow the hardest and most old-fashioned methods. But if she only knew that there would be a score of applicants applying to be Mrs. Smith if she didn't make a success! Then see what would happen!

It is the author's personal feeling that every woman who marries and expects to assume home and family responsibility, should be obliged to pass a State or national qualification test. Men are refused admission to the army or navy for every trivial defect; the teacher must pass severe examinations before she is allowed to guide the destiny of some thirty children; the office man must fulfill a dozen different qualifications before his employer engages him for even a ten-dollar-a-week job.

## Appetizing Menus for the Week

<b>MONDAY</b> Breakfast Baked Rhubarb, Cereal, Coffee, Luncheon Minced Mutton with Tomato, Banana Salad, Iced Tea, Dinner Clear Vegetable Soup, Crackers, Tuna Fish with Caper Sauce, Steamed Rice, Green Peas, Pineapple and Cream Cheese Salad.	<b>TUESDAY</b> Breakfast Strawberries, Cereal, Poached Eggs on Toast, Coffee, Luncheon Asparagus Loaf with Cream Sauce, Muffins, Fruit Gelatine, Foamy Sauce, Dinner Cottage Pie, Sugar Carrots, Lettuce Salad, Rhubarb and Banana Shortcake, Coffee.	<b>WEDNESDAY</b> Breakfast Fruit, Oatmeal, Muffins, Coffee, Luncheon Potato Salad, Canned Corn, Thinly Sliced Smoked Salmon, Brown Bread, Iced Tea, Dinner Fruit Cocktail, Pot Roast of Lamb, Potatoes, Chinese Cabbage, Maple Custards, Coffee.	<b>THURSDAY</b> Breakfast Baked Prunes, Flaked Fish Cakes, Coffee, Luncheon Fried Egg Plant, Tomato Sauce, Reheated Muffins, Hermit's, Iced Tea, Dinner Emergency Soup, Cold Roast Lamb, Stewed Asparagus, Cress and Mint Jelly Salad, Steamed Pudding, Hard Fruit Sauce.	<b>FRIDAY</b> Breakfast Cataloupe, Spanish Omelet, Toast, Coffee, Luncheon Scalloped Onions, Noodle Bread, Lettuce and Tomato Salad, Jellied Apples, Dinner Boiled Fish, Egg Sauce, Buttered Macaroni, Stewed Corn, Asparagus Salad, Corn Starch Blanc Mange, Fruit Sauce.	<b>SATURDAY</b> Breakfast Cereal, Sliced Bananas, French Toast, Rhubarb Jam, Coffee, Luncheon Fish and Rice Croquettes, Tomato Sauce, Quick Corn Bread, Prune Whip, Dinner Cold Boiled Tongue, Molded Spinach Salad, New Rye Bread, Blackberry Jam, Iced Tea.	<b>SUNDAY</b> Breakfast Stewed Fruit, Oatmeal, Coffee, Dinner Broiled Beef Balls, Brown Gravy, New Potatoes, Buttered Beans, Heart Lettuce Salad, French Dressing, Creamy Rice Pudding, Supper Cream Cheese and Currant Jelly Salad, Iced Tea.
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## Tested Chicken Recipes

By Mary Lee Swann,

Principal, Scudder School of Household Arts.

### Smothered Fried Chicken.

DRESS and disjoint a tender chicken. Roll each piece in flour and brown in a frying pan in equal parts butter and lard, dredging lightly with salt and pepper. Turn once or twice. Brown evenly. Then place chicken in pan, or on a platter, dot with a little butter and steam about one hour. Add enough cream or rich milk to make as much gravy as needed. The gravy may be thickened with a little flour paste.

### Chicken Salad.

MIX 2 cups of diced cold chicken (using all white meat or all dark meat or half of each) with 1 cup celery diagonally sliced according to the Chinese custom. Marinate with a mild French dressing, drain well and mix with cooked dressing. Mayonnaise may be used if more convenient. Arrange on beds of heart lettuce leaves and garnish with ripe, green or stuffed olives, curled celery or finely chopped colored aspic jelly.

### Chicken Pot Pie.

DRESS and disjoint a fowl. Try out ½ cup of diced salt pork and in the fat brown the chicken. Add 3 cups of boiling water and simmer until the chicken is tender. Season to taste with salt and paprika, add ½ cup flour blended with ½ cup cream or milk. Stir until smooth and bring to boiling point. Line a greased casserole dish with a piece of rich baking powder biscuit dough. Pour in the chicken mixture, place a round piece of the dough over the top and with a fork or with the fingers press the dough down on the edge of the casserole. Prick with a fork, place in hot oven and bake until brown.

### Chicken (Mexican Style).

COOK 1 disjointed fowl until tender in water to cover. Then skim it and cut into small pieces.

Shred 6 green peppers and finely slice 1 or 2 onions and cook them until tender in ¼ cup oil or butter substitute. Add 2 cups thick tomato pulp, season to taste with salt and pepper and pour, while still hot, over the chicken. Serve hot.

### Plain Chicken Marengo.

DRESS and disjoint chicken and fry in ¼ cup oil or butter with a bit of bay leaf, a small sprig of parsley, a clove of garlic and 3 or 4 shallots. When well browned remove from oil and place on back of stove. Add to the oil and seasonings 2 cups of white stock or well seasoned liquid in which the wings, neck and feet of the chicken have been boiled. Then add 1 egg yolk, diluted with a little of the stock. Stir until smooth and thick, strain over the chicken and serve hot.

### Chicken Stewed with Oysters.

DRESS, wash and separate chicken, wash again, cover with boiling water and bring quickly to boiling point. Boil ten minutes, reduce heat and simmer chicken until tender. An average chicken will require about 1½ hours. Blend ½ cup of flour, ½ teaspoon of pepper, 1 teaspoon of celery and nuts, marinated with a salt with enough cream or rich milk

to make a smooth paste. Add a little of the hot chicken liquid to this, stir until smooth, and then stir into the hot chicken liquid. Stir until boiling and then cook gently 10 or 15 minutes. Add 2 cups of oysters and reheat. Cook until the oysters are plump and their edges curl. Serve with hot baking powder biscuits and radishes or celery.

### Chicken Mousse.

SCALD 1 cup of rich chicken stock or rich milk; beat 3 egg yolks slightly, season with ¼ teaspoon salt and ¼ teaspoon paprika and dilute with a little of the hot liquid, stirring constantly. Then stir into the remaining hot liquid and cook over hot water, stirring constantly until smooth and creamy. Remove from stove and add package of gelatine softened in ¼ cup cold chicken liquid or water. Cool and add ½ cup of cooked chicken breast which has been pounded to a paste and passed through a sieve. Set in pan of ice water and when mixture begins to set fold in 1 cup of whipped cream. Turn into a border mould and set in icebox to harden. Turn out on bed of heart lettuce leaves and fill center with a mixture of celery and nuts, marinated with a mild French dressing.

## A Rose-Leaf Skin

By Lina Cavalieri,

The Most Famous Living Beauty.

ONE of the most precious gifts a woman can receive is the rare boon of a lovely complexion. Some are born with a fine skin and some are able to acquire it. But even the most perfect skin in the world is benefited by following carefully a few hygienic rules which will also help to build you up physically and thus greatly enhance your usefulness and joy.

With a smooth, clear skin, sparkling eyes and soft, lustrous hair, a gracefully proportioned figure and radiant health, a woman can have the courage to do and dare.

Is it any wonder, then, that every woman covets this beauty? Many of you spend many weary days in misdirected effort with outside pastes and lotions alone. These are good and will give most excellent results in nearly all cases, but I want to assure you that nothing can take the place of a continued and healthy activity out of doors. An indoor life of nervous excitement, late hours, unhealthful emotions, or a regime of over-feeding or of physical activity carried to the point of over-exhaustion will

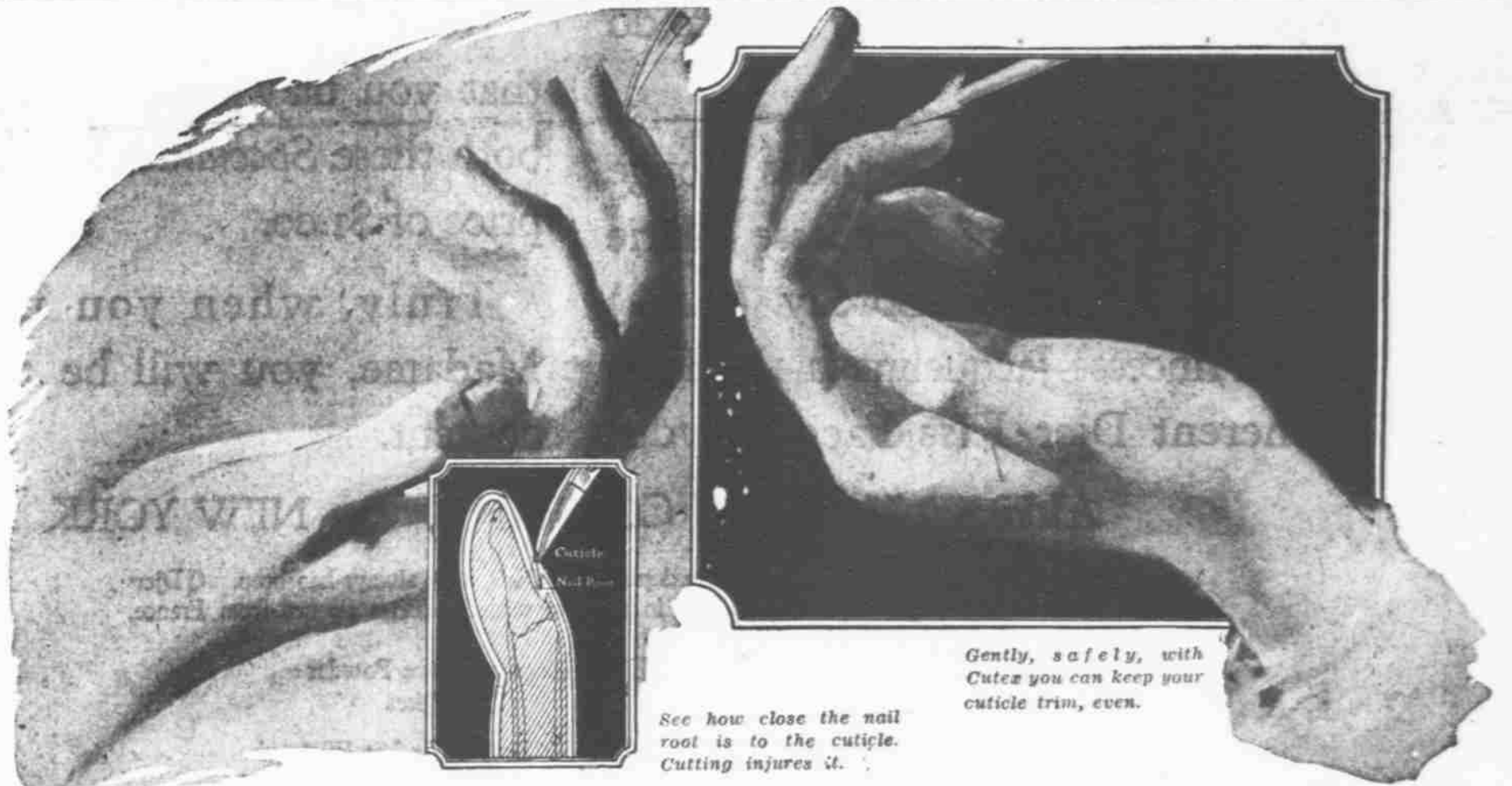
slowly but surely undermine the loveliest complexion in the world.

Sallowness and blemishes of every kind are usually an indication that you have been violating some of nature's beneficent laws. Such things as unpleasant looking pimples, a red and inflamed nose or enlarged pores all prove that somehow you have failed to keep the skin in a healthy condition. Intelligent care and constant cleanliness will keep the skin so wonderfully exquisite in texture that no comparison can do it justice.

I want to impress upon you first of all that the waste matter of the body is frankly poisonous if retained in the system. You must watch all the organs of elimination with the greatest care. Your diet will play an important part in this. I cannot give a complexion diet here, but you must learn to eat only those things that you can digest well, and learn to regulate your daily physical condition so that your health is always maintained at a certain standard by a wholesome diet of fresh vegetables and fruits and the right amount and kind of drink, baths and exercise.

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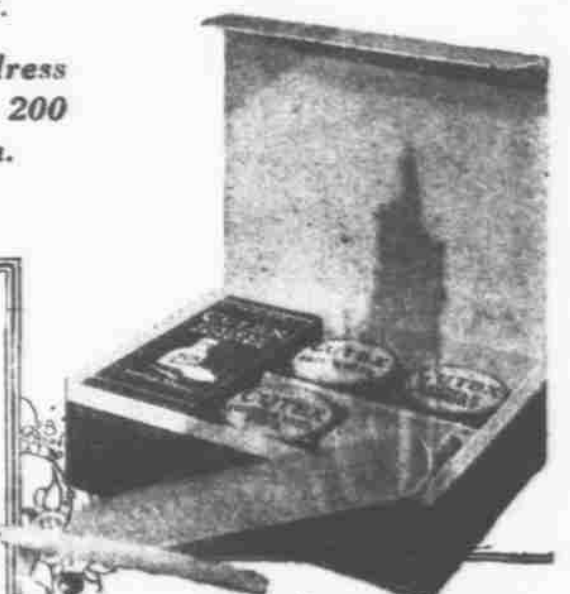
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## Sunday American-Examiner Patterns

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A NEW AND STYLISH SKIRT (2865). The pattern is cut in 7

sizes: 22, 24, 26, 28, 30, 32 and 34 inches waist measure. Size 26 requires 4½ yards of 44-inch material.

A SIMPLE DRESS (2882). The pattern is cut in 5 sizes: 4, 6, 8, 10 and 12 years. Size 8 requires 1½ yards of 27-inch material for the gullepe and 2½ yards for the dress.

A COMFORTABLE AND SERVICEABLE PRON DRESS (2884). The pattern is cut in 4 sizes: Small, 32-34; medium, 36-38; large, 40-42; and extra large, 44-46 inches bust measure. A medium size will require 4½ yards of 36-inch material.

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A SIMPLE SET FOR THE LITTLE TOT (2880). The pattern for this attractive set is cut in 4 sizes: 6 months, 1, 2 and 3 years. Size 2

will require of 36-inch material 2 yards for the dress, ¾ yard for the tae sack and ½ yard for the bonnet with ¼ yard for lining.

A SMART SUMMER COSTUME (2876). The pattern is cut in 6 sizes: 34, 36, 38, 40, 42 and 44 inches bust measure. Size 38 requires 6½ yards of 36-inch material.

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